

Eat and drink, but waste not by excess (Al-A'raf 31) Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

## Lebeniye Soup with Yogurt Yoğurtlu Lebeniye



1 + 1/2 cups chickpea 1 cup rice 1.10 lb meat cubes 2 cups yogurt 1/2 cup flour 1 egg 1 tbsp mint 3 tbsp vegetable oil 2 tsp salt 8 cups gravy

- # Boil the chickpeas, rice and meat in separate pots.
- # Whisk the mixture of yogurt, flour and egg by the help of a beater or fork, until it turns into smooth.
- # Put the chickpeas and the rice into the pot which you will cook the meal.
- # Place the pot over medium heat, and add the mixture with yogurt into the pot.
- # Add gravy immediately, and add the vegetable oil and salt while stirring the soup.
- # Add the boiled meat finally, and sprinkle the mint all over while the soup is boiling. Remove the pot from the
- # Fill into the soup bowls and serve hot.

Note: You can add chicken instead of meat cubes for modernizing the soup which is from Gaziantep.